

where. You can do it when you wake up, before bed, or if you find yourself feeling stressed during the day.

### **Develop a Routine**

Do not wait until you are overwhelmed by your stress to start managing it. Start today! Make a schedule for yourself so that you are building these healthy habits into your everyday life.

### **Nothing Is Helping. What Can I Do?**

If you have tried to manage your stress on your own but it still feels overwhelming, there are people who can help. If you talk to your doctor about how you are feeling, they will be able to help you find the resources that you need. You can also talk to your resettlement case worker or your local behavioral health agencies.

If you have AHCCCS, you are entitled to receive these services for free. Other health insurance plans should also help cover these costs.

If you are feeling this way, the most important thing is that you tell someone who can help. Sometimes, stress can be too much to handle alone, and in these situations it is always okay to ask for help.

### **Contact Information**

#### **Mercy Maricopa Integrated Care**

Maricopa County

Phone Number: 1-800-564-5465

24 Hour Crisis Line: 1-800-631-1314

#### **Community Partnership of Southern Arizona**

Pima County

Phone Number: 1-800-771-9889

24 Hour Crisis Line: 1-800-796-6762



# **Managing the Stress of Resettlement**



**Refugee Health Program  
Arizona Department of Health Services**

### Anyone Can Feel Stressed

Everyone can experience stress, regardless of age, gender, or background. Stress, sadness, and worry are natural responses to major life changes, upsetting events, and high pressure situations. However, feeling constant or excessive stress can harm your health and interfere with your day-to-day life. Stress affects everybody differently, so it is important to learn to recognize your own stress and find ways to manage it that work best for you.

### What Does Stress Look Like?

Stress is different for everybody, but some common signs of stress include:

- Feeling constantly sad, worried, or nervous, even if there is not a clear reason
- Feeling negative emotions that make it difficult to go to work, go to school, or do everyday tasks
- Feeling emotions that are too small or too extreme for a situation
- Difficulty concentrating
- Unexplained anger and frustration
- Nausea or changes in appetite
- Excessive alcohol or drug use
- Muscle tension
- Difficulty sleeping

### How Much Stress Is Too Much?

While everybody deals with some amount of stress, it can be harmful if your stress becomes overwhelming.

- Everyone should be able to experience a full range of emotions .
- Everyone should feel that their emotional responses are appropriate to the situation.
- Someone's stress, sadness, or worry should not interfere with school, work, or daily tasks.
- No one should suffer from hallucinations or delusions.

### Coping with Stress

Just like everyone experiences stress differently, everyone finds different strategies useful in managing their stress. Try to find what works best for you as soon as possible—don't wait for your stress to become overwhelming.

#### Talk to Someone

Finding a friend, family member, clergyman, or community leader to talk to can be a very helpful way to manage stress, particularly if the person has had a similar experience. Talking to someone you trust can give you the chance to think through your experience and to receive advice. Sometimes hearing another perspective can help you figure out how you want to address the problem. Also, even just remembering that you have friends and family who support you can help reduce stress.

#### Stay Involved in Your Community

Being active in your community can be very helpful because it can take your mind off of your stress. It also lets you see old friends and meet new people. You can become involved by going to community centers, religious centers, or becoming involved in different activity groups.

#### Eat Healthy Food

Sometimes, the food we eat can make us feel tired and unfocused, making it hard to manage our stress. Avoiding foods that are very oily or sugary can help keep you healthy. It is also important to remember to eat fruits, vegetables, protein, and to drink a lot of water.

#### Avoid Drugs and Alcohol

Sometimes, when people feel stressed, they use drugs and alcohol to distract themselves. It is important to remember that doing this can actually make your stress worse and can also be very bad for your physical health.

#### Exercise

Staying active keeps your body healthy, gives you more energy, and relieves stress. There are many ways to exercise, like dancing, running, or even taking a walk around your neighborhood.

#### Find Ways to Relax

Making time to relax can help you to relieve stress and organize your thoughts. One way to help yourself relax is to close your eyes and breath slowly and deeply. This is easy to do any-